



Green Curry Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice uncooked
- ☐ 2 cups tricolor prechopped bell pepper mix
- ☐ 1 pound chicken breast tenders cubed (1-inch)
- ☐ 2 teaspoons curry paste green
- ☐ 14 ounce coconut milk light divided canned

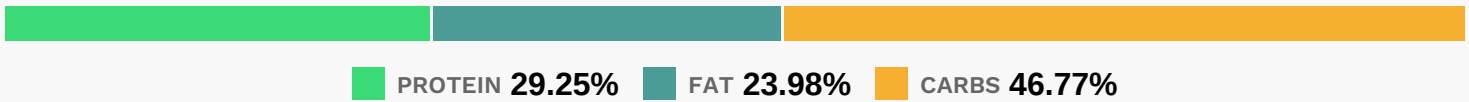
Equipment

- ☐ frying pan

Directions

- ☐ Cook rice according to package directions, omitting salt and fat. Stir in 1/4 teaspoon salt.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle chicken with 1/4 teaspoon salt.
- ☐ Add chicken to pan; saut 4 minutes or until chicken is lightly browned. Stir in curry paste; cook 1 minute, stirring frequently. Stir in 1 cup coconut milk; bring to a boil. Reduce heat, and simmer 4 minutes or until chicken is done, stirring occasionally. Stir in bell pepper mix, 1/4 teaspoon salt, and remaining coconut milk; cook 3 minutes or until vegetables are tender.
- ☐ Serve chicken mixture over rice.
- ☐ Sprinkle with fresh cilantro leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:23.3, Glycemic Load:23.19, Inflammation Score:-9, Nutrition Score:23.484347726988%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 403.01kcal (20.15%), Fat: 10.26g (15.78%), Saturated Fat: 7.46g (46.6%), Carbohydrates: 45g (15%), Net Carbohydrates: 42.74g (15.54%), Sugar: 3.36g (3.74%), Cholesterol: 72.57mg (24.19%), Sodium: 219.56mg (9.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.15g (56.29%), Vitamin C: 96.93mg (117.49%), Vitamin B3: 13.3mg (66.48%), Selenium: 43.35µg (61.92%), Vitamin B6: 1.14mg (57.1%), Vitamin A: 2760.36IU (55.21%), Phosphorus: 310.69mg (31.07%), Manganese: 0.6mg (30.18%), Vitamin B5: 2.32mg (23.21%), Potassium: 629.96mg (18%), Magnesium: 49.99mg (12.5%), Vitamin B2: 0.2mg (11.73%), Folate: 42.51µg (10.63%), Vitamin B1: 0.15mg (9.68%), Vitamin E: 1.44mg (9.62%), Fiber: 2.26g (9.03%), Zinc: 1.35mg (8.99%), Copper: 0.14mg (7.25%), Iron: 1.17mg (6.53%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 3.92µg (3.74%), Calcium: 27.33mg (2.73%)